

## ABSTRACT

In an information recording method and apparatus which is capable of improving a recording density of an optical recording medium, a carrier signal is detected in an optical recording medium preformatted as first unit regions by modulating a synchronous signal dividing a track into first unit regions having a certain volume and address information indicating the first unit regions as time information format, and the address information is restored by the detected carrier signal. The restored address information is converted into a linear code, the converted linear code is counted with a clock signal varied in accordance with a volume of the second unit regions different from a volume of the first unit regions. Logical address information indicating the second unit regions is generated, and a record clock signal varied in accordance with a recording density of the second unit regions is generated, accordingly a recording density of an optical recording medium can improve.